



THE
TEACHINGS
OF
KUVVA

FROM

Circles
The secrets of the stones

BY

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EXPLORE. REFLECT. ACT. MAKE A DIFFERENCE

Welcome

Some wisdom is discovered. Some wisdom discovers you.

For thousands of years, the teachings of Ruva lay hidden, waiting for those willing to look beyond what they could see and question what they believed to be true.

In *Circles – The Secrets of the Stones*, when William, Anna, and Arthur stumble upon a mysterious notebook concealed deep within an ancient forest, they are swept into a journey that challenges everything they thought they knew.

As they uncover the five teachings of Ruva, they begin to realize that the greatest discoveries are not found in forgotten stones or lost civilizations

They are found within ourselves.

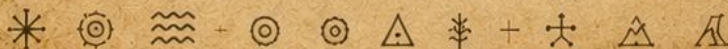
Each teaching reveals a timeless principle that can help us see the world with greater clarity, live with deeper purpose, and recognize the profound connection between ourselves, others, and the living Earth.

These five simple teachings are...

- Not rules to follow.
- Not tied to any one religion or philosophy.
- Timeless principles for living with purpose.
- New ways of seeing the world.
- New ways of living.
- An invitation to become the person you're capable of being.

This guide offers a glimpse into those teachings.

The full journey begins inside *Circles – The Secrets of the Stones*.



The Origin of Kuva's Teachings



More than five thousand years ago, the people of **Ciara**, Earth's sister planet, created a gateway linking their world with ours. Through this extraordinary connection, humanity encountered a civilization that had learned to live in harmony with nature, one another, and the universe itself.

From these encounters emerged five timeless principles, a powerful guide to living, that became known as **The Teachings of Kuva**, named after the great sage who first recorded them.

To honour these teachings, our ancestors built a magnificent stone monument known as **Kursu-ka**—a place of learning, reflection, and spiritual discovery. Seekers gathered there to deepen their understanding and, for a chosen few, step through the portal to witness Ciara for themselves: a world where humanity had achieved the balance that Earth still sought.

Over the millennia, **Kursu-ka** was destroyed, its true purpose lost beneath myth, legend, and the passing of time.

Until now...



THE TEACHINGS OF KUVNA



"Showing kindness to all living things is the thread that connects all life."

1. Kindness

The Foundational Teaching

Every act of kindness creates ripples far beyond the moment. Compassion transforms not only the person receiving it, but also the person giving it. Through kindness, we strengthen our character, deepen our sense of purpose, and help create a better world.



"If we isolate ourselves from the natural world, we become disconnected from our true essence, from the very core of who we are."

2. Nature

The Source of Energy & Perspective

Nature is far more than just a backdrop to our lives—it is a living source of energy, clarity, and wisdom. When we slow down and reconnect with the natural world, we rediscover who we are, why we're here, and how to live with balance and purpose.



"An individual's sense of self is born in the present, not in the shadows of the past, the dreams of the future, or the glitter of possessions. Only through recognising this can a person find lasting fulfilment."

3. Quietening the Ego

Finding fulfilment in the present

True fulfilment doesn't come from chasing approval, possessions, or achievements. It emerges when we quiet the ego's noise and fully inhabit the present moment—aware, grateful, and grounded in who we truly are.





4. Circularity & the Living Planet

Living in Balance

"This complex tapestry of nature is like a beautifully choreographed orchestral performance, each species playing its role alongside others."

Nothing in nature exists in isolation. Every living thing plays a part in maintaining Earth's delicate balance. When we see ourselves as caretakers of the planet rather than owners, we begin to recognize that nature wastes nothing. Today's waste becomes tomorrow's resource. This is the wisdom of circularity—and one of the greatest lessons the natural world has to teach us.



5. Ripples Through the Universe

Our Lasting Legacy

Every thought, word, and action creates ripples beyond what we can see. The choices we make today influence others, shaping lives and futures in ways we may never witness. By practicing these teachings, we become part of something far greater than ourselves.

"As individuals embody these teachings and attain a higher state of awakening, their positive energy flows back into the universe, continuing long after their physical presence has gone."

The greatest legacy we leave is not what we accumulate, but the positive ripples we create.



The five teachings are easy to understand, yet powerful enough to transform how we see ourselves and the world around us.



Which teaching speaks to you the most?

Scan the QR code and let me know.

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Experience the Journey



Discover the story and mystery behind Kuva's teachings in

Circles – The Secrets of the Stones

Join the Circles community for:

- Reflections and examples of Kuva's teachings
- Behind-the-scenes insights into writing Circles
- Climate innovations changing the world
- Monthly inspiration

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What ripple will you create?



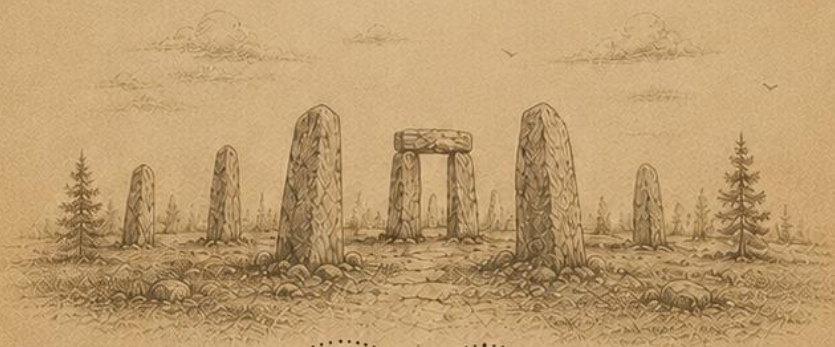


"The world doesn't change
because a few people do
extraordinary things.



It changes because millions
of ordinary people choose to
do small things with
extraordinary purpose."

- Kuva



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Notes



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